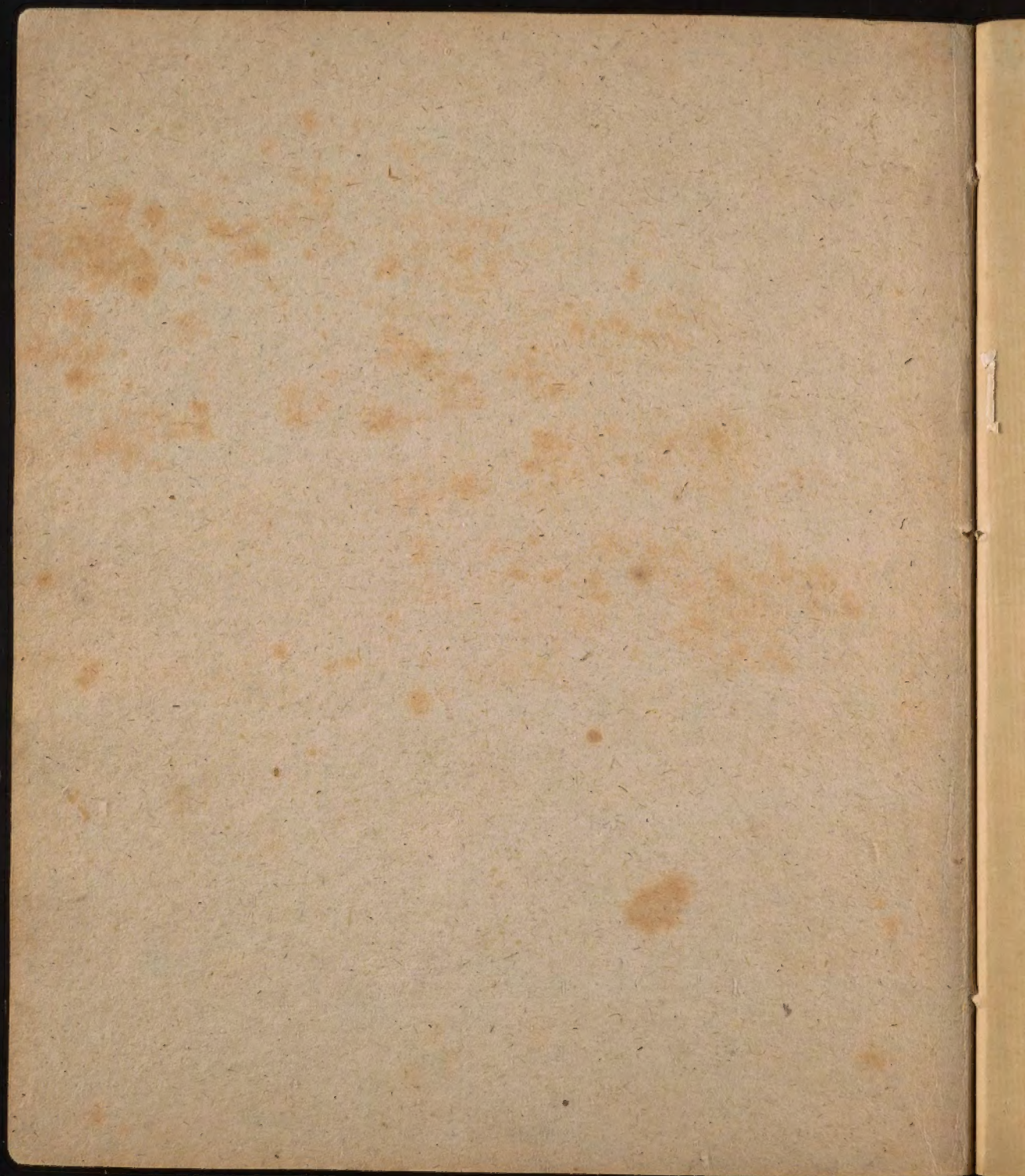
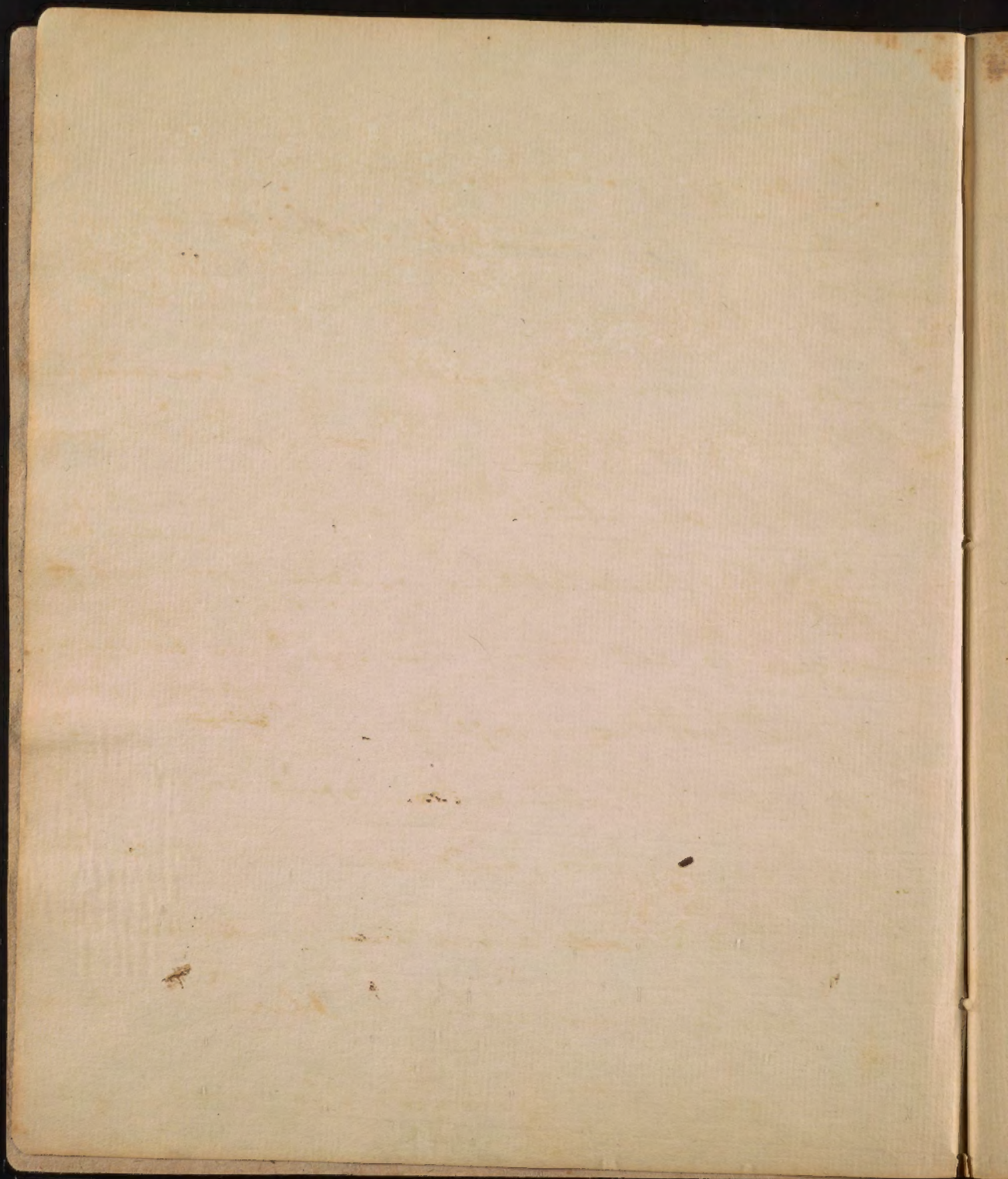


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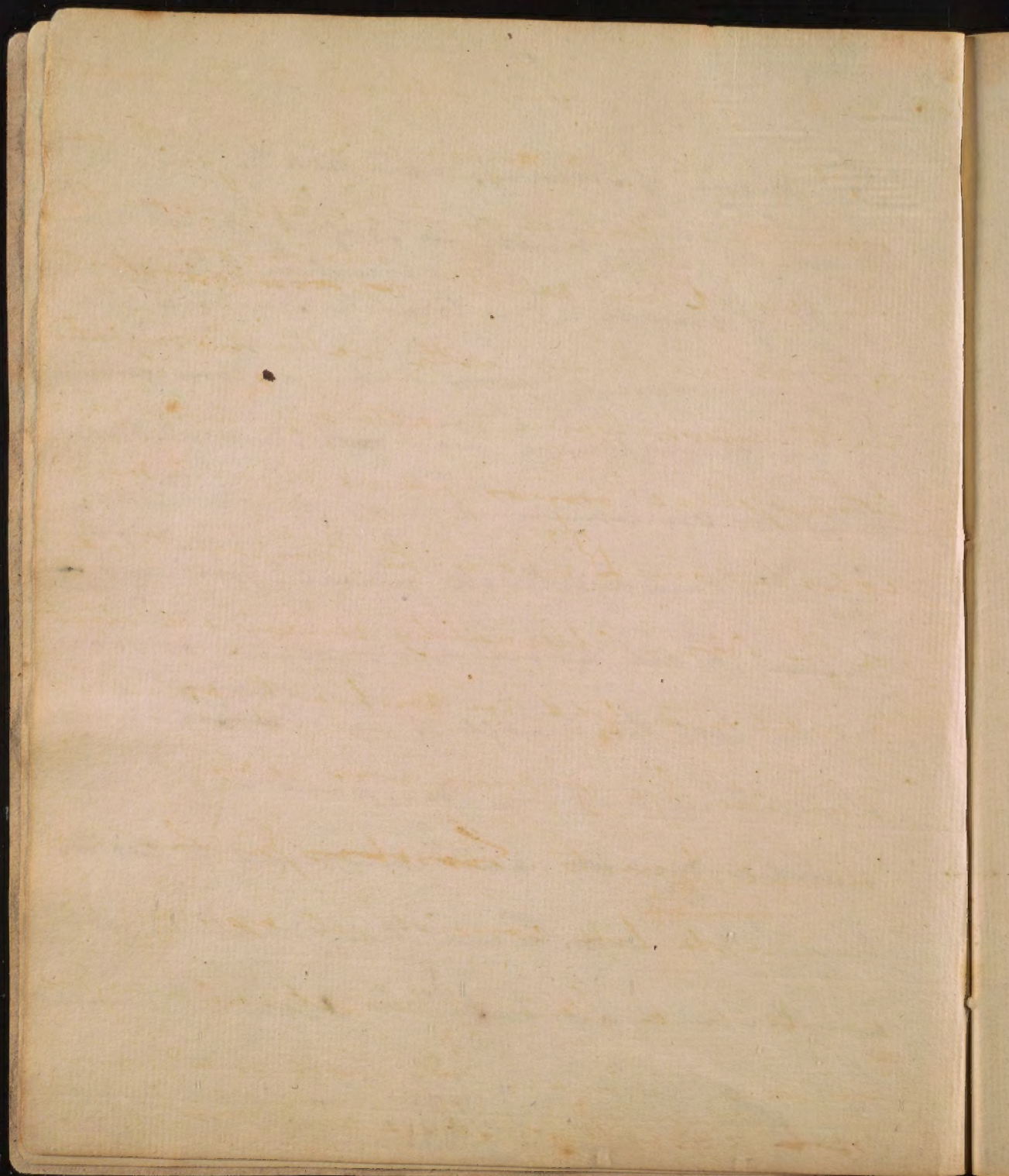
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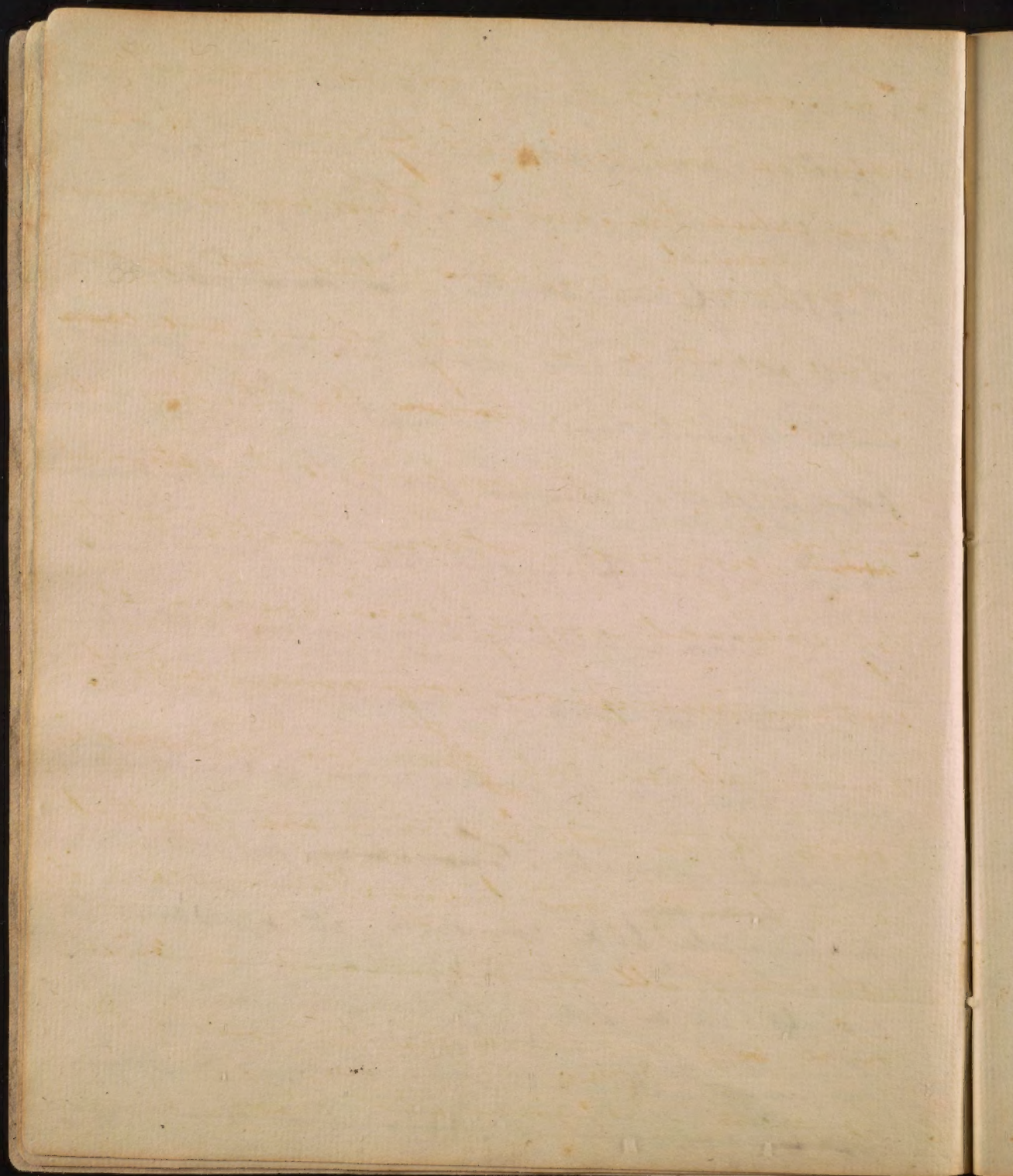
Lectures on Pathology



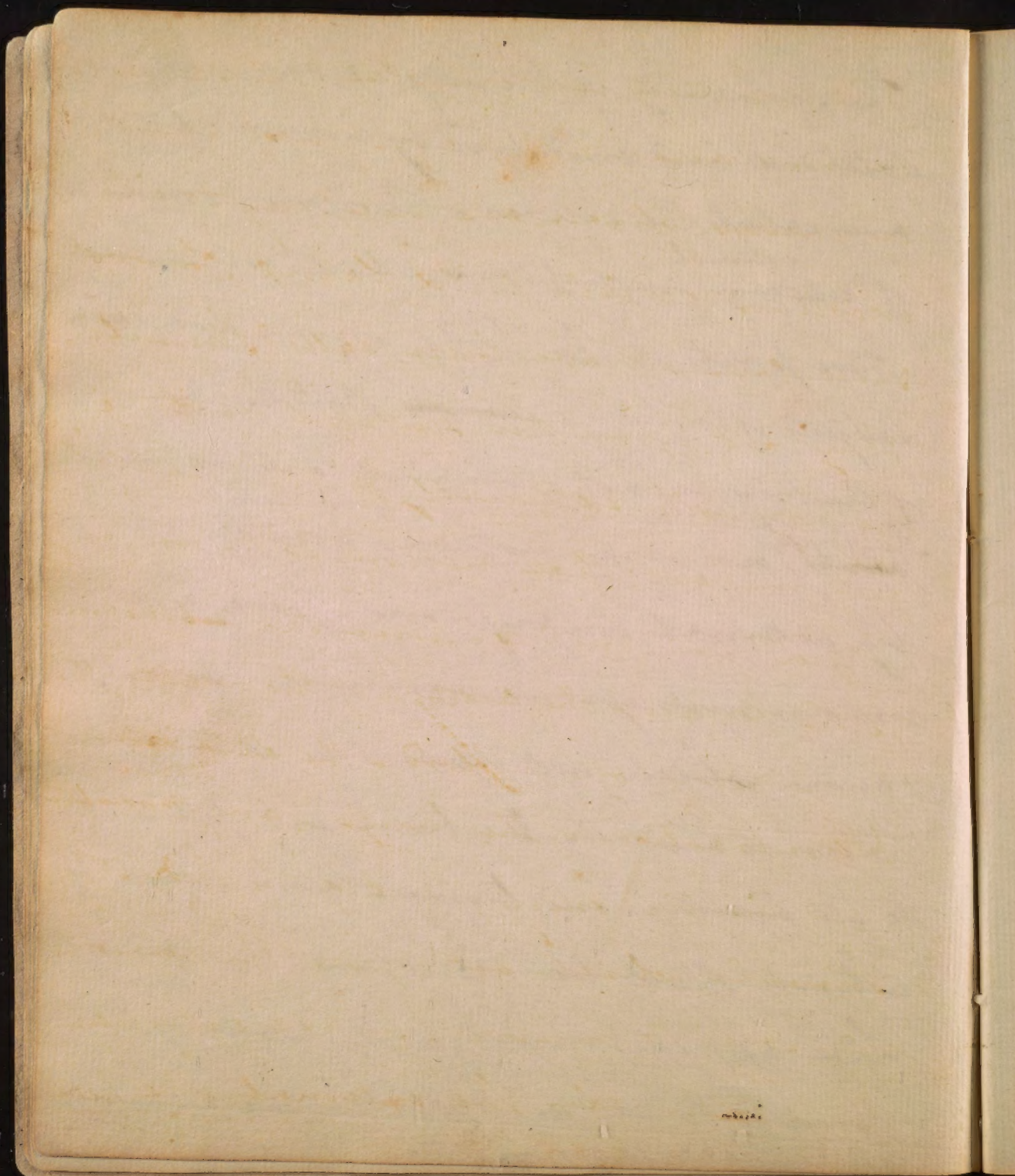
The origin of sickness and death like the
 origin of evil, must be sought for in the
 fall of man. It is true the ^{execution of the} sentence which
 was pronounced upon him in consequence
 of his disobedience, was ~~not~~ suspended beyond
 the day on which it was denounced,
 but the causes which finally produced ^{his death} it
 began to act upon his system as soon
 as he lost the image of his ^{creator} ~~creator~~. Every
 element in nature took part with his
 offended creator, and conspired to destroy
 his life. ~~But from~~ their operation for
 a while was feeble & slow - hence
 we read that men for the first 2000



years after the fall attained to the great
 age of nearly a thousand years. ^{5th} It was
 from the influence of the Deluge ^{1st} upon the
 surface of our earth - ~~upon the~~ ^{covering some} parts
 of it at all times with water impregnated
 with unwholesome matters ^{2^{ly}} upon our
 atmosphere ~~was~~ filling it with morbid
 exhalations ^{3^{ly}} & upon the temperature
 of the air - alternately rendering it subject
 to heat and cold in unhealthy extremes
 that the life of man was reduced to its
 present limits. ~~Therefore~~ for whatever
^{human} principle life consists, it appears to
 exist in a state of perpetual warfare.
 In every human body there is a power
~~of~~ capable of sense and motion.



The Sensibility of the body is variously extended and modified by means of what are called the Senses. These are the avenues of certain ^{external} impressions which act upon those parts of the body which are ^{the} ~~parts~~ Subjects of motion. ~~But~~ But the Sensibility of the body is not confined to its external ^{surface} ~~parts~~, nor are motions excited only by external impressions. There are certain impressions communicated by causes which act upon the internal parts of the body, & which are essential to its healthy, and living State — each of which shall be mentioned in order. Life appears then in the words of Dr. Brown to be ^{"a"} ~~the~~ ^{"a"} forced State. ~~The~~ Whenever



and however contemplated, it seems to be an evanescent Spark, kept alive by causes which are ^{as} necessary to its existence as air is to flame. ~~These~~ These causes have been called Stimuli. - They act upon the sentient parts of the body both externally & internally, and impart those motions to them in which life consists - hence the ~~sub~~ motions of the Brain - the action of the heart - the circulation of the blood - the ^{hence} dilatation & contraction of the lungs - and ^{muscular} motion in every part of the body. The Stimuli which act upon the human body so as to preserve life are external and internal. The external are heat.

light - exercise - ~~and~~ sound - and pure air.
 The internal stimuli are food - drinks -
 chyle - a certain tension of the glands
 which contain secreted liquids - the ex-
 -cise of the understanding - and ^{of} certain
 passions of the mind particularly hope - love
 joy - and anger. - ~~Besides~~ these stimuli
 are said to be direct. Besides these, there
 are certain stimuli which are per-
 -haps improperly called indirect. I say
 improperly - because they consist ^{only} in
 the abstractions of direct stimuli. These
 are Cold - Darkness - Silence - - The inter-
 -nal are Abstinence - an exhausted state
 of certain glands - and the passions of
 fear - grief - despair - & Shame &c. -
 These indirect stimuli as they are



called

appears to produce, and increase motion,

but it only by diminishing the strength
& action of certain moving powers in the pulse is
of certain parts of the body. ~~while the~~
~~strength & action of other parts diminishes the~~

is quickened by ~~colder~~ ^{of abstinence} fear - but its force is

always proportionably weakened. It is

~~liberious~~ ~~gratified~~ The direct stimuli are

see then are the ^{powers} ~~forces~~ which support ani-

mal life. The indirect stimuli are the powers

(if negative qualities will admit that name)
which conspire against it. —

When the stimulating powers act upon
the body to a certain degree they produce
what is called Excitement. I shall place

this degree at 50th. This excitement is
capable of different degrees from Asphyxia
up to tonic madness, including in its ascent



7

Syncope - profound Sleep so as to exclude
Dreaming - Sleep with Dreams - The waking
State - ^{lastly} & that elevation of spirits & increase of
Strength, which arise from Stimulating drinks.
The latent power from whence this excitement
is derived is called Excitability. It abounds
most in infancy, and is soonest dissipated
from them. It is the gradual accumulation
of this power or property of animal bodies
that produces wakefulness - & Strength, &
it is the waste of it which produces
Sleep and weakness. But of this more
hereafter. —

It is ~~unhappy~~ ^{unhappy} that the
~~all the~~ Stimuli which have
been mentioned, should have only
a certain definite action upon the



human body to produce health. I will
 suppose the point of this healthy action
 to be 50° : and they are in ^{a morbid} exup when
 they ascend beyond 60° , or fall below 40° :
 they may fluctuate between 60° and 40° ~~without~~
 when they ~~intermediate~~
 they produce only a predisposition to a
 disease - It is only when they rise beyond
 60° , or fall below 40° that they produce an
 actual disease. ~~rather~~

^{general}
 All Diseases consist in actual Debility
 or ^{originate from a} ~~in~~ ^a predisposing Debility. This Debility
 is of two kinds - viz Direct & Indirect.

where the stimulating causes which
 have been named are exup in their
 operation - i.e. When they exceed the
 60° : that I mentioned as the boundary



line of predisposition, they produce indi:
:rect debility. Eg: Heat is a stimulus.
It increases excitement, and imports
vigor to the system at 70° and in some
habits at 80° of Fahrenheit's scale - but
when it exceeds 90° it produces indirect
debility from its excess - hence the languor
we feel on a hot day when the \varnothing rises
suddenly beyond ^{85° or 86°} 90° again - ~~moderate~~ ^{cheerfulness}
is a gentle stimulus - but if it rises to
joy, and this joy continues for any time
it stimulates to excess, and produces indirect
debility - hence the weakness & dejection of
Spirits we feel after a high tide of Joy,
- This joy has sometimes produced so
great a degree of indirect debility as to



terminate in death. The same Observation
 applies to Anger, and to all the Stimulating
 passions. - When they are in excess, they
 always induce debility.

Direct Debility is produced by the Abstraction
 of Stimulating Powers. ^{all provocations whether} by Bleeding - purging -
 or Vomiting - also Abstinence from food produce
 debility only by the Abstraction of a custo-
 -mary Stimulus. - Fear - Grief ^{guilt} - and Shame
 produce direct debility - only by Abstracting
 Courage - ~~joy~~ ^{joy} ~~loss~~ present Comforts. and
 peace and innocence of mind. It is ^{of} great
 consequence to Understand this difference be-
 -tween direct and indirect, or ^{of} positive
 negative Stimuli, and the Indirect, or
 direct debility which ensue from the

V nor is this all - the ignorance - folly
or depravity of man all conspire to weaken
or destroy ~~the~~ in a thousand ways the
thread of life. -

excessive application of them to the body on the one hand, or the Abstraction of them on the other. —

We should next to mention the predisposing & remote causes of Diseases. These are very numerous. — Earth — ~~Sea~~ ^{Air} It would seem as if the earth — ^{heat & cold} Air — Sea — all our ^{drinks} drinks — may more or less very pleasures had all stood ready to execute the sentence of death pronounced upon man. I shall briefly enumerate ~~them~~ those causes ^{ch} w^h appear to act with the most force & certainty upon human life. —

In pregnancy — the sedentary modes of life, or the excessive immovements of the wealthy & luxurious, or the excessive labor of the poor, among the female



12 infant
Sex, contribute to produce an ^{infant} body which
brings into the world with it a predisposition
to disease. —

2 Children are often ~~says~~ predisposed to dis-
- eases ^{from injuries} received ^{from} in parturition from
ignorant, or negligent midwives. —

3 The custom of washing the tender flesh of
children with spirits - or wine - or soap &
water creates a predisposition to several dis-
- eases. "Thus (says Ruisseau) do we banish sin-
- plicity from every thing, even from that
most simple of all creatures a new born
infant." —

4 The first diet of a child is generally improper.
- It is either excessive in quantity, or of an
unwholesome quality - hence the origin of
many diseases.

✓ School rooms, and the tyranny of
Schoolmasters

5 The early dress of infants ~~disps~~ such as tight caps - and swaddling cloths dispose ~~to~~ to many diseases which frequently appear in every subsequent stage of life. —

6 The use of Spirituous Liquors to allay the complaints of Children is another ^{kind} of a weak & sickly Constitution. —

7 The premature application of the mind to Study in Children, and in particular to difficult - Absurd - or unprofitable ^{as also the confinement of children in close} branches of learning, ~~by debilitating the~~ ^{mind,} often becomes a source of debility ^{both} in the body, as well as the mind.

8 The excessive exertions of young people in their various Amusement frequently lay the foundation of pulmonary complaints —



neptunes, and other general & topical diseases. —

9 The transition of the System from Childhood to puberty, & from puberty to manhood is often attended with morbid ^{effects} changes in the constitution. Diseases of a peculiar nature (to be mentioned hereafter) likewise occur in several other subsequent periods of life.

10 The food which sustains our bodies often becomes the source of diseases. — ~~The food~~ ~~for our~~ ~~exquisite~~ food to be healthy should consist of certain proportions of animal & vegetable matters. An ^{overproportion} ~~excess~~ of animal food ~~disorder~~ produces plethora — indirect debility — and all the diseases consequent upon them. An overproportion of vegetable aliment produces direct debility — Dyspepsy — Diarrhoea — flatulency & many other

likewise

✓ Lead Coffee when ~~testes~~ ^{excessive} in
Strength or Quantity are likewise
the cause of many diseases more
especially in the Nervous System.

diseases. — V

11 A Deficiency of Aliment of either or both kinds produces Lethargy — ~~and~~ and other diseases of direct debility. —

12 Certain Condiments which are taken ^{under certain circumstances,} with our Aliment produce certain diseases. ~~whereas~~ Too much Salt taken with Animal food disposes ~~by~~ from its constant or excessive Stimulus to the diseases of indirect debility. It likewise induces a vitiated State of the blood. —

An excessive quantity of Spices taken with our Aliment produces indigestion — debility in the Stomach, and all the diseases consequent upon it. Birds of all kinds taken in an excessive quantity in our Aliment particularly pickles produce



16 Colic
Dyspepsia - Gastrodynia & Dysenteria - & the
like. —

13 Drinks of various kinds ~~produce~~ when
taken at improper times, or in an ex-
cessive quantity produce many diseases.
Wine is the parent of the gout. ~~It is~~ ^{The}
more acid the wine, the more it is disposed
to produce this disorder. Small liquors
when taken in immoderate quantities
produce Vertigo - palsy - & apoplexy. Spiritu-
ous liquors ~~have~~ deserve to be called
like the ^{evil spirit} ~~wood~~ which entered into the
Swine into the new testament legion,
for they produce ~~as~~ a whole army
of diseases. — These are sickness of stomach
putrid - & tumors in the hands in the
morning - Bloating - Inflamed eyes -

V The causes which predispose to the
Use of Spirits are 1 excessive heat and
cold - 2 Hard labor. 3 Long intervals
between meals. 4 Hunger - 5 Guilt
6 Debt - 7 Long speaking or conversations
- hence common in Virginia where
men spend whole days in talking - hence
more than an hour in company condemned
by the Methodists. It dries up ^{the} Saliva.
8 The infection of company that love
strong drink. 9 Taking Med^l in Spirits
10 Fatigue in family business in women
or breeding sickness. -

eruptions on the nose & face - sore and
 Swelled legs - jaundice - Rheumatism -
 a burning in the palms of the hands &
 soles of the feet - Dropsy - melancholly -
 idiotism - ^{madness} - Epilepsy - palsy & Apoplexy. ✓

Each of these liquors do harm not only
 from the quantity in which they are
 taken - but from the time & They are hurt-
 -ful in a peculiar manner when taken
 early in the morning - before dinner,
 or at any time upon an empty stomach.
 - They are hurtful when taken during
 the time of eating - for by stimulating
 the stomach they provoke a superma-
 -lural appetite - and by being often
 taken they become so excessive in quan-
 -tity as to wash the food out of the



Stomach before it is completely digested. — To obviate these evils, Mr Addison's rule is a wise one — never to drink any thing till we have finished ^{at least} the Animal part of our meals. The custom of drinking healths has ^{an} ~~an~~ influence upon health. It ~~then~~ obliges persons to swallow their food before it is half masticated in order to enable them to reply to the illtimed and impertinent wishes of good health, which constitutes the principal articulate sounds of half the feeding parties in the world. —

14 A certain proportion of Exercise ^{or labor} is necessary to health. But an excess of them produces indirect debility — & premature

& necessary to the health of the body. What this proportion is has not been ascertained.

~~Many~~ I have read & heard of men who have been healthy and long lived upon 4 hours sleep in 24. Few people require more than 6. all beyond 7, or 8 are injurious.

" They who early rise, & early walk.

" Take the true steps to shun the Disposition.

" All nature's works, but man enjoy good health,

" Since all but he are constantly in motion". —

Old age. a Deficiency of them produces
 almost debility - want of appetite - indiges-
 -tion, and all the diseases consequent upon
 them. - a certain proportion of Sleep is

^{drapes - &}
 15 Certain ^{drapes - &} Clothing favours the production
 of diseases. Tight stays, & tight ligatures
 whether about the ~~thorax~~ from Throats -
 wrists or Collars all tend to produce
 partial Circulation - congestions, pains
 colics - Asthmas & consumptions. -

^{& drapes}
 Clothing ^{& drapes} injures from not being accom-
 -modated to the weather. who can number
 the diseases, or the animals of a peculiar
 Species which are produced by the mon-
 -strous Cushions which compose a
 part of the female head draps^r. How
 many Coughs & Colics have been produced
 by too much or too little ^{covering} ~~clothing~~ upon



the breasts, and lower extremities of women, according as ^{custom} ~~fashion~~ has made it fashionable to ~~expose~~ expose or conceal those parts of the body, or to add to, or detract from their shape! Added to these causes of diseases from dress & cloathing, perhaps the quality of the stuffs worn in dress may produce some more. Linen is said to be less wholesome when worn next to the skin than cotton-wool or silk. It is certain that the Roman Aramis who wore woollen shirts only were more healthy than Aramis have been ever since the introduction of the ~~vegetable~~ linen shirts. Perhaps they form an ~~not~~ unwholesome mixture with our perspiration. —

✓ Hence the heat & cold are relative
terms. -

16. The Air we breathe is a fruitful source of diseases - 1 from its sensible, and 2 from the insensible qualities contained in it. The sensible qualities of the Air are Heat - Cold - Dryness & moisture. -

The human body is calculated to exist in health in ^{various degrees of} a temperature of air. ~~between~~ ^{nearby}

Heat is an universal stimulant to plants as well as animals. Different degrees of it stimulate different animals. ^V ~~but~~ is the freezing point to the human body is to some animals as summer heat or 75° are to the human body. Heat & cold then you are relative terms when applied to animal bodies. -

Different degrees stimulate the human

✓ This will be sooner produced after
cold weather, than in summer.
hence 77th produced it universally
in Philad^a March 17th 1791

body in different periods of life. 62nd or 64th stimulate the body agreeably in middle life, but as the languor of Old Age comes on 70th - or 75th are necessary to render the body comfortable. There is a certain degree of excitement produced by heat which constitutes its healthy point. When the degrees of heat exceed this point, they produce indirect debility in the Solids, and a septic tendency in the fluids. - hence languor - Sleepiness - fevers - colics - want of appetite - indigestion & the like.

Cold is a ~~sedative~~ negative quality. It consists in the Absence of heat. Its ~~action~~ ^{action} (if the expression may be allowed) is altogether Sedative - i.e. it diminishes the Action of the



moving powers of the System. Of this there
 are several experiments which furnish
 us with ample proofs. It possesses moreover
 a ~~contracting~~ power of contracting or
 lessening the diameter of hollow vessels, &
 of course of increasing their cohesion
 and consistency. Different degrees of cold
 act as sedatives upon different animals.
 Upon the human body those degrees are
 generally below 62° in middle life. I
 know it will said here ~~that~~ in favor
 of the stimulating power of cold that
 when we feel much debilitated by heat
 in summer, a sudden change in
 the air to a cooler temperature
 carries off that debility. Does not the





111

cool air here act by bracing the body?

- I answer - no - To understand the meaning of this phenomenon, recollect what was said of the effects of heat.

- It produces indirect debility by its excess. i.e. suppose 60° to be the highest point of excitement the body can arrive at -

Let 10° be added to these, and the system verges to indirect debility.

In this ~~high~~ state let the cool air be applied to the body sufficient to abstract the 10° of action of heat - the body then

reverts to 60° its highest point of excitement ^{on this side} ~~without~~ indirect debility.

In consequence of which the indirect debility is removed, and we ~~feel~~ revive



a sensation which is mistaken for a bracing effect of cold. - It only acts in this case, by lessening the Abstracting ~~and~~ for the excess of the action of heat.

I conceive this Actⁿ of the action of heat & cold upon the body to be of great importance & immense application. It is not an hypothetical opinion. Facts - experiments - ~~the~~ diseases & remedies all concur to prove it. The discovery of this manner of heat & cold's acting upon the human body marks an Era in the history of Medicine, and will be followed by a mode of treating Diseases far more successful than ^{any} the world has yet seen, or known. I need not inform you



that for this discovery we are indebted to the late ingenious Dr Brown — I have only to add that Cold when applied too long to the body, or in too great a degree produces the most general predisposition to fevers — coughs — Scurvy, and many other diseases to be mentioned hereafter.

The Alternate application of heat & Cold is another Source of diseases from the Atmosphere. While Cold lessens excitement, it increases excitability — hence heat acts upon the body more speedily, & certainly as a Stimulant — & hence inflamm^y disorders occur chiefly in variable climates, & in cold climates only



in the Spring of the year.

Moisture ^{in the air} in warm weather Dispo-
 -poses to indirectly debility by ^{confining} increasing
 the action of heat. In cold weather it
 increases the sedative power of the
 cold by conveying heat more rapidly
 from the body, ^{In both kinds of weather it} ~~thereby~~ Disposes more
 to various diseases. —

Air Atmosphere ^{is} ~~is~~ naturally
 dry disposes to Asthmas & Coughs, for
 experiments prove that a certain
 portion of moisture ^{in the air} is essential to easy
 respiration, & to a healthy State of the
 Lungs. —

By the insensible qualities of the air
 are meant Miasmata & Contagious —
 of every kind. The number of these will
 be mentioned, as well as their ravages



upon health and life. Febrile Diseases
are chiefly produced by them. —

17 The excess or deficiency in the Actions
of the mind produce many diseases. ~~For~~
Thinking is a stimulus, but when
protracted too long, or when indulged
too intensely produces indirect debility,
which shows itself first in the Stomach
in Dyspepsy, and afterwards in Universal
affections of the nervous system.

The passions from their irregular
action ^{are} ~~is~~ a fruitful source of diseases.

They act by inducing indirect or direct
debility. Mirth & Joy act in the former
way. Fatigue always follows the first —
& low spirits, generally the last of these
Mental Affections. Anger likewise

+ A woman died with fear a few days
ago in this city at the sight of the phy-
sicians who came to tap her. She was
a patient of Dr. Currie's. Oct 6th 1790

produce indirect debility, & all the diseases
which ensue from it. -

~~Fear~~ - Grief - ^{fear} Shame - and guilt - &
doubt ~~not~~ are to joy, courage - innocence
& affluence what cold is to heat. They
have nothing positive ^{this action} in them. They
produce sedatives only by abstracting the
support of their opposite ^{or antagonist} passions
from the mind. They act as sedatives
upon the body, - and produce direct
debility. Their action is generally gradu-
- al but sometimes they act suddenly
& produce instant death. Who has not
heard of sudden death from fear, ^{+ from}
Grief - and ^{from sudden} a ^{quick} perception of
guilt ^{or} and Shame? - Doubt is ^{frequently} ~~common~~
~~produces fatal passion~~ ^{frequently} ~~It is common~~ of

100

~~of guilt and shame - when the action~~
~~is in a compound, it is a~~ ^{the} Cause of great
 debility in the System. I have lately
 heard of an ~~hemoptoe~~ in one case, &
 a palsy in another br^t on by nothing
^{sedation} but the sedative action of Debt up-
 -on the System for several months.

18 There are certain amusements which
 predispose to diseases such as hunting -
 gaming - dancing & the like. The two last
 are rendered more injurious by their
 being pursued chiefly during the night.

19 The employment of the mind in literary
 pursuits ~~often~~ produces ^{many} diseases, ~~often~~ ^{often} ~~produced~~ ^{produced} ~~from~~ ^{from}
 from ~~being~~ ^{inaction} ~~rising~~ ^{rest} too much ~~rest~~ ^{rest} upon the
 System & from their being pursued by candle
 light & during the hours that should be



devoted to Sleep - and ~~and~~ ~~for~~ ~~the~~ The Understanding
 is active in study - and ~~and~~ stimulates the
 body so as to produce indirect debility.
 - For the ^{caus} of the diseases produced by
 too great application of the mind to study
 see Dr. Sympot. —

20 The criminal or excessive indulgence
 of the Venereal appetite produces many
 diseases. How many young men have
 been sacrificed to ~~the same~~ in $\frac{1}{4}$ prime
 of life by the vice of Onanism, and how
 many perish from the inordinate grati-
 fication of the venereal appetite in
 every stage of life!

21. What innumerable diseases are
 produced by the influence of various
 mechanical & chemical occupations



upon the body. ³² % evaporation & described
~~be devoted to sleep - and from~~

There would be to write a Volume.
a minute

Rusconi has published the ~~book~~ ^{a minute} ~~letter~~ ^{letter}.

of them in his excellent treatise on

the diseases of Ladsomen. — also

the diseases of sailors -
Diseases of literatures - many - hernias - die at 60 -
many - 1 times Dis.

22 Diseases of latent men many hernias - treat as -
These are common adolescent Dis.

= cases produced by certain factors which

fashion - caprice - or a false taste have

introduced among mankind. A principal

One is the Use of Tobacco, on which I

shall make a few observations. For this

purpose, I shall inquire into its effects

not only upon health & life, but upon

manners - morals - and property. —

If it were possible for a Being who inhabits our globe to visit the inhabitants of one of ~~the~~^{these} planets where reason governs,



and to tell them that a ^{vile} weed was in
 general use among the inhabitants of
 the globe it left, - ^{which} ~~that it was cultivated~~ afforded no
 nourishment, - that it this weed was
 cultivated with immense labor - that
 it was an important article of Com-
 merce - that it was the cause of many
 diseases - that the want of it produced
 great misery - that the taste of it was
 at first disagreeable, & ~~was soon~~ ^{was} ~~soon~~ ^{prie}
 -ious to every body, - and that the ~~cost~~
 of it amounted in some instances to
 a large proportion of the earnings of
 two thirds of the people who ~~were~~ ^{consumed}
~~devoted~~ it, - such a ~~thing~~ ^{an acc[?]} would be
 thought incredible, and the ^{Religion} ~~reason~~
 of it would be excluded from Society

~~v Besides these cases there are~~
the following long intervals.

for telling such an improbable story.
 In no one view is it possible to contemplate
~~man~~ ^{man} ~~in a more~~ ^a ~~degraded~~ ^{exhaust} state than in his Attach-
 -ment to Tobacco. —

This weed is of a stimulating nature
 whether it be ~~received~~ ^{used in} into the body by
 smoking - chewing - or in Snuff. Its opera-
 -tion upon the system is analogous to
 that of ~~spirits~~ ^{spirits} ~~liquors~~ and opium. Like
 both these cordials it is sought for in all those
 cases where the body is debilitated whether
 indirectly by excessive eating, or ^{directly} by the
 sedative ~~passions~~ ^{passions} of the mind particularly by
 grief and fear. Persons after losing
 relations or friends by death often re-
 -sist to it. One of the greatest sufferers

V mad people fond of it. -

I ever ^{first} ~~however~~ sought consolation from it
 under ~~any~~ presentiment or prediction
 by a fortune teller that she should die
 in child bed. Fear ^{& danger} creates a desire for
 Tobacco - hence it is ~~much~~ used in a greater
 quantity ^{by soldiers & sailors} ~~in ^{other bodies of} armies~~ than by pro-
~~ple in other circumstances.~~ It is more
 - ~~ever~~ used by soldiers in the greatest quan-
 tity when they are up act as picket
 guards, or sentinels, and by sailors
^{in bad weather.} - It is likewise
~~when they are~~
 much used by Madmen even, and men
 of business to restore the system from the
 languor which follows the ^{long} application
 of the mind to ~~any subject~~ their respec-
 -tive pursuits. ~~It has been said to~~ It is
 agreeable after a ^{top} ~~pl~~ plentiful dinner

duay of the
V There is a progress in the ^{loss} insensibility
of the Nose ~~is~~ ^{is} with respect to the
force or stimulus of snuff which is
analogous to the progress of insensibility
ⁱⁿ the stomach with respect to spirituous
liquors. It feels for a while the action
of Raspée - next it requires Scotch snuff.
- then Strasbourg - afterwards Irish
Blaghemard - and lastly it ~~is~~ ^{the system}
~~is~~ ^{composition} affected only by a mixture
of tobacco & ground glass. This mixture
is to the nose what Cayenne pepper
& Jamaica Spirits are to the ~~stomach~~ ^{stomach}
of Habitual Drunk Drinkers. —

by ~~not~~ overcoming that indirect debility which is always ~~so~~ attended with Un easiness in every part of the System.

The ^{progress of habit in the use} ~~use~~ of Tobacco follows the ~~same~~ is exactly the same as in the use of Spi-rits. The Slaves of it begin first by using it only after dinner - then in the After-noon & evening - afterwards before dinner - ~~and~~ then before breakfast - and lastly during the whole night.

- I ~~do~~ knew a lady who in this city who had passed thro' all these Stages, and who ^{wakes regularly} ~~can no more sleep~~ two or three times every night to compose her system with fresh doses of Snuff. - V

The appetite for Tobacco is wholly Artificial. No person was ever born with a relish for it. - ~~and~~ even in



Those persons who are most attached to it, nature frequently recovers for a while her dislike to it. It ceases to be agreeable in every febrile indisposition. This is so invariably true that a Dislike to ^{it} ~~to~~ ~~the~~ is often the first signal ^{of} ~~in~~ an approaching ~~fever~~, & an appetite for it, the first sign of ^{a departing} ~~returning~~ health ~~after the crisis of that species of fever.~~

I shall now mention its effects upon the body. —

1 It impairs the appetite, ~~and~~

2 It ~~creates~~ prevents in many instances the digestion of the food — partly from the waste of the Saliva (a fluid essential to digestion) and partly from the indirect debility created by the action of the Opium either directly on the Stomach, or

✓ The late Sir John Pringle was subject
in the evening of his life to Tumors
in his hands. In his last visit to
France a few years before he died
& with Dr. Ferriaroli he observed the
same complaint to be very common
among those people of fashion who were
great Snuffers. This led him to suggest
that his tumors were occasioned by
Snuff which he used in large quantities.

He immediately left off taking it, and
^{soon} ^{perfectly} recovered the use of his hands. It is said
further, that his memory which had
begun to ~~weak~~ decline was much
improved by this change in his habits.
Dr. Ferriaroli, ^{informed me that his} father lost his

indirectly thro' the intervention of
the whole system. — I have known
consumption bro't on from this cause.

3 It produces many nervous Diseases.

— I think I have seen ^{Smoking} it produce the
Sick head Ach, and ~~chewing~~ I am
sure I have known chewing to produce

a Vertigo: — A physician from Connecticut
informed me that ^{one of his brethren} ~~he thought he had~~
observed palsies & Apoplexies to be ^{bro't} ~~caused~~
^{on by the intemperate} ~~frequent use of~~ use of Tobacco.

Dr Hipoc relates a case of death from
excessive Smoking. I have ^{known} ~~seen~~ Epilep-
sy to be twice bro't on by this mode
of using tobacco. V

4 Not only the use of Tobacco produces
certain diseases, but the want of it

at 45
memory by taking 3ij of puff
every Day.

V Col Burr informed me that the greatest
of dissatisfaction & suffering by the soldiers
complaints he heard on the famous march
of Gen. Arnold from Boston to Quebec that the
wounds ~~were~~ ^{were} not from the want of provisions,
altho' they were compelled to kill & eat
their Dogs - but from the want of Tobacco.

5 Col. Sutherland lately informed me of a singular
fact with respect to Tobacco. He said that is
many instances for himself among
Others in which after chewing Tobacco
for many years on One Side of the mouth,
by putting it into the Opposite side,
it has excited Sickness - Vomiting &c
as when they first chewed it. This
fact will admit of an important applica-
tion to the operation of medicines.

is the source of ~~para~~ ^{badily} ~~business~~ more
disturbing than any painful dis-
-eases. That the absence of an usual im-
-pression should be accompanied with some
-business ^{from the action of other stimuli,} is no new fact in the animal
economy. The similar effects are
observed from the ~~darkness~~ ^{darkness} and ~~filme~~ ^{filme}
suddenly succeeding light & sound. The
unciviness from the want of tobacco
in persons who have been accustomed
to it has produced in some instances
~~who~~ a restlessness ~~and~~ that has been
-denied upon distraction. ✓

I know that it has been said
that tobacco possesses many medicinal
virtues. I grant it - and it ^{the facts} ~~is~~

+ good in Gangrene - In
Mucillae.

which establish its ⁴⁰
~~real merits~~ of its utility in medicine
furnish us with additional arguments
against its habitual use as an
Article of luxury. ⁺ ~~What~~ How feeble
would be the effects of Opium - Bark -
~~upon the body~~
and many other useful medicines
~~be upon the body~~ ^{the condi-}
if they constituted a part of ~~our~~
-ments of our daily food? I know
it will be said here that Tobacco often
~~relieves~~ the head ache, and other nervous
affections, - It is true, but are we
^{sure} ~~are~~ that the diseases it relieves are
not ~~induced~~ ^{induced} by ~~the~~ ^{use of} the habit of using
it? a Dose of Spirits ^{suspends a while} ~~causes the tremor~~
nausea, & vomiting ^{in a morning} ~~which are produced~~
but who does not know that these
complaints at that early hour, are

V It has further been said in favor
of tobacco, that ~~it~~ ^{chewing or} ~~smoking~~ ^{smoking}
~~it~~ ^{you relieve} ~~exposes~~ that nervousness which
succeeds a hearty ~~dinner~~ ^{dinner}. I grant the fact.
~~that~~ ^{the tobacco} acts by restoring the system from the
indirect debility produced by the ~~stimulus~~ ^{pressure}
of an intemperate meal. But ~~it~~ ^{this}
relief idly compensates for the loss ^{of}
is sustained of the saliva ~~for~~ ^{which} which
is wasted at a time when it is most
wanted for the purpose of digestion.
~~Can it be~~ ^{But why} be cure one evil
by another? Would it not be much
better to obviate the necessity of tobacco
~~after dinner~~ by always eating a
moderate dinner? The very idea of
the remedy probably ~~disposes~~ ^{disposes} to that

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all produced by the habitual use of
~~the same~~ spirituous liquors? V

As to the physical effects of Tobacco
upon the body, it may not be improper
to add that it is probably the cause
~~that when used as snuff it~~ in
some cases of the emaciation of the
body. — I know a gentleman in this
city who suddenly grew fat from leaving
off the use of Snuff. —

~~Tobacco~~ The effects of ~~some~~ Tobacco
~~upon the~~ when used in pipes are
more injurious, than when the smoke
of it is received into the mouth thro'
a pipe. Dr. Griffiths part of a mural
patient making cigars & sitting on his
trunk at the same time by the
fire and the smoke which is drawn
thru it. It is moreover I know engaged

intemperance which produces the disease.

~~Leatty~~ ^{Chewing or smoking}
* It has been ~~Leatty~~ that Tobacco opists
the intellectual Operations. I grant it -

and so does wine and other fermented
liquors - But shall we always have
^{recourse}
~~success~~ to them when we wish to
stimulate our thinking powers? I
have no partiality to the ideas which
are pressed from the brain by such
artificial Aids. - Mr. Pope ^{inflamed} ~~inflamed~~ the
poet to them a trotting horse, &
Shakespeare excited his genius by ^{the} ~~no~~
~~other~~ more natural Stimulus
of walking backwards & forwards
in his room. - I suspect that Tobacco
is often used rather to supply the want

citizen who lost all his teeth 30 years
 before he died, from drawing ~~but~~ ^{the smoke}
 of Tobacco in a heated state thro' a
short pipe by which enters the smoke
 was conveyed in a more acid, and
 a tumor which ended, in a
 heated state, into his mouth. The ~~fatal~~
 fatal cancer ^{on the lip} at Royal Oak - from the same
 nature of the humor which is mixed
 cause. Dr. Goring. —
 with the smoke may be easily disco-
 vered in the taste, or smell of a
~~pipe~~ stem that has been in use for
 two or three weeks. —

Under the head of the influence of
 Tobacco upon the body, it should not
 escape notice that when used in ^{the} form
 of snuff it impairs the voice, and
 gives the complexion a dusky dis-
 agreeable smoky color.)

But ~~this~~ ⁴³ I have mentioned only a part of
the ^{or} tobacco. When used ~~is~~ in the way of
chewing or smoking it creates a

constant thirst. This thirst cannot
be allayed by water - for no sedative
^{the mouth & throat have}
liquor will be ~~now~~ relished after
<sup>being exposed to dry-
ness & irritation</sup>
~~the action of the stimulus~~ the price on
Smoke of Tobacco ~~opens the mouth and~~
~~throat~~. A desire of course is created
for wine - strong beer - or spirits, and
either of these when ~~used~~ taken between
meals ~~and so~~ is apt to ^{produce such a} ~~create a habit~~
of love for them as to lead to habitual
intemperance, ~~with all its train~~ and
all its terrible effects upon the body
& mind ~~of man~~ of man.

~~It has further been said in favor~~
~~of ^{the} ~~Porter~~. The influence of Tobacco~~

ness on our globe? It is hurtful to man -
it is poisonous to insects & flies & certain
female animals suffer abortions by eating it - But
let us not arraign the wisdom of the order of
creation too suddenly in our inquiries into
the use of this plant. Naturalists have lately
discovered that it does not grow in vain. +

✓ They are to injuries, what delicacy is
to modesty. ~~After~~ ^{the outpost} ~~Remove delicacy~~, and
They are the Outposts of morals.

+ It is the food of one animal only
upon the face of the earth - viz ^{a filthy} ~~the~~ ~~Rock~~
beasts that roams upon the mountains
of Africa known by the name of the
Rock Goat.

upon morals is derived from two sources.

1. ~~The effect of the practice of Tobacco is~~
~~It is a breach of good manners~~

Offensive to those people who do not
 use it. The use of it under such cir-
 -cumstances is a breach of good man-
 -ners. - Now manners have an
 influence upon morals! - Where is
 the man that ever felt that kind
 respect for company, or that kindness
 for a fellow creature which are essential
 to a ~~good~~ moral character?

2 The Use of Tobacco is necessarily con-
 -nected with the neglect of Cleanliness.

~~Now~~ The influence of this ^{vicious habit} ~~practice~~ in
 -deed upon morals has been pointed out
 by an extract from the journal of



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Cass' Look published by Sir J. Pringle
in one of his orations before the Royal
Society. —

3 The use of Tobacco especially infusing
disposes to idleness, and idleness has
~~long~~ ^{long} been branded as the root of all
evils —

Habit accustoms us to many Absurdities.
To contemplate the ~~folly~~ ^{inconsequence} ~~inconsequence~~ of con-
straining the use of different modes of
using Tobacco to the manners of a well
bred Gentleman, let us go back to
a country Native
~~these years~~ in which the use of it
was unknown. What would have

been the exception of a Roman citizen
at the Court of Augustus with a pipe
in his mouth, or a nose & upper lip.



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tinged with snuff ⁴ and a breath that
conveyed some particles of it into the
face of every person with whom he
conversed? —

Customs insensibly blends things to-
~~gether which are of a very opposite~~
~~and which have no relation to each~~
nature. If the men of the world who
~~are never satisfied with its enjoyments~~
~~even~~ Christianity forbids ill manners -
idleness, and is and every thing contrary
to decency and order. Its prospects more
ever afford a ~~fine~~ cordial to the mind
which should enable all others ^{cordials} both
superfluous and disgraceful to those
who profess it - and yet Christians take
snuff, and both chew & smoke tobacco.
[May more they ~~enter the temples of~~

